

MECHANICVILLE SENIOR CENTER'S LIVING WELL NEWS



JUNE 2022



Mechanicville Senior Center 178 N. Main Street Mechanicville, NY 12118

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Living Well Program News

If you have friends that want to be added to the mailing list let me know. Also if you would prefer to have digital only copy, give me your email and I will send you one. You will receive all the information about programming and other relevant news and information for seniors.

Sign-ups for all the classes are on the bulletin board or call the main office to sign you up.

If you need advocacy help, you **MUST** call or email to make an appointment. I am frequently running programming or meeting with others, so please make an appointment.

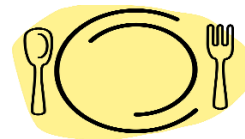
LUNCH at the Senior Center

By now you know that we serve lunch everyday Monday -Friday at the Senior Center. The program is called GATHER AND DINE. This program is run by Office for Aging and it is for seniors 60 and over. The food is prepared by Mazzone Hospitality and I hear it is quite good.

If you want to have lunch you **MUST** call by 12 noon the day before at the main office number. No meals can be ordered the same day. Donations are accepted for the meal but not required. Anyone under 60 will have to pay \$8. for a meal.

We have had a large group of people taking advantage of this great opportunity on a regular basis. Join us for an activity here and then stay for a meal! Meet your friends or make new ones. We have some great fun and good conversation at lunch. I hope that you will give it a try.

Copies of each month's menu are available in the lobby at the senior center for you to pick up.



Earth Day

We had a great meeting on earth day the end of April. There is so much more we can do to protect our environment. As a Senior Center I thought we could all get on board and do a little bit more.

We now have blue recycle buckets spaced throughout the building for paper only. Any time you have scrap paper try to throw it in these cans. For bottles and cans there is a bucket in the Riverside Room for those.

We also are piloting a shred program. We have a locked container for you to dispose of confidential papers. These papers will be picked up to be shredded. Feel free to bring in your papers for shredding.

Music Makes you Move

Nancy Holmes class makes you get up and move! The ladies have been having fun moving to the music and feeling the beat.

As I always say we need to move and lubricate those joint and stretch those muscles if we want to keep them limber. It is a fun and uplifting class. Try it out and you may be surprised. No sign-up required. Just show up Fridays at 10 am!



MVP Chair Yoga

MVP continues with their chair yoga class on Thursdays at 10 am in the Hudson Room.

This class will continue from June 2-16th only. A new class is in the works.

Cooking for One or Two

Our next class will be on Tuesday June 21st at 1pm.

Let's expand our horizons on pizza. We are going to make a cool fresh veggie appetizer

pizza and a dessert pizza (that starts with a sugar cookie crust).

You must sign up for our PIZZA, PIZZA class at the senior center so I am sure to have enough for all to sample.

Free Market

Free Market continues this month on June 1st and June 15th. We will have it inside the Senior Center all season long. It starts at 10am. Come and see what produce and grocery items we get all for free!!!. Please be sure to bring your own grocery bags.

Just Say Yes to Fruits and Veggies

Kristyn Bopp has been teaching us how to add more fruits and veggies to our diets. Join us for another live demonstration class on Friday June 17th at 11 am. She will be talking about the importance of exercise. You must register for this class by Thursday morning to get the produce bag.



Life Hacks

Use empty toilet paper tubes to keep wires straightened for storage.

When traveling use a pencil case to store your recharging cables.

Kitchen Short-Cuts

When hard-boiling eggs put 1 teaspoon of baking soda in the pot. This will make peeling the eggshells off so much easier.

How to clean your blender. Put a cup of water in it and a few drops of dish soap, put the cover on and blend. It will get all the

stuff off the bottom and under the blade.
Just rinse out and dry!

Therapy Dogs

We are so pleased to have a visit from Diane again with her dog Keeva who is a Double-Doodle Breed. Join us on June 2nd at 12:30pm .



16 Questions and Tea

Such interesting conversations we have had and all that we learn about each other answering questions in this fun-filled activity. No worries if you don't want to answer you can pass on the question.

Together we reminisce, remember, and decide how to best answer these interesting questions. I hope that you will join us. Monday June 6th at 11 am.



Scam Watch

1. Someone may pose as a tax official in an email, or call and ask for payment in gift cards or money transfers. Real tax officials will contact you by mail and won't ask for passwords and bank accounts.
2. Amazon – scammers contact you by phone or email about a problem with your order and ask for payment or personal account numbers. If you

think there is a problem with your account call Amazon directly so you are sure that you are talking to the right people.

3. Scammers are asking you to pay for bills through the ATM machine. This type of payment is untraceable and a scam every time. No legitimate business will ask you to pay this way.
4. Someone may call posing as your Utility company threatening to shut off your utility unless you pay immediately. Utility companies will never call demanding payment now.

When in doubt hang up the phone and talk to someone. Do not get caught up in the moment and wire or transfer money or give out personal information.

Tea Talks

We will have Karen Laing from Health Literacy for All here to speak about Emergency Preparedness. We have had Karen here in the past; she is an excellent speaker, very engaging and very knowledgeable. She will be here on June 23rd at 10 am.

She will be speaking on Emergency Preparedness for Seniors and their families.

She will cover the basics of handling public health crises (food recalls, bad weather, boil water advisories, power outages and evacuations) along with how having a chronic illness or being the caregiver of someone with one, may alter what you can do. Food allergies, dementia, learning disabilities, wheelchair bound, and diabetes are among the illnesses we will look at closely.

Rummikub/Dominoes

You cannot appreciate how addicting this game is until you give it a try. Rummikub is like playing the card game of gin rummy but with tiles and a little twist – because you can move the tile sets around. It is an easy game to learn and lot of fun, plus it engages your brain. New people always welcome. No sign-up required just show up on Tuesdays at 10am in the Riverside Room.

If you don't want to play Rummikub there are domino sets as well.

NEW!!! Let's try some Corn Hole

We are going to have a corn hole game set up outside the senior center twice a month during the summer for you to play. We will set up on the grass by the benches at the back of the parking lot. We will meet on Wednesdays June 8th and June 22nd at 1pm weather permitting.

If you don't want to play, come out and watch a game or two.



Adult Coloring

Free materials to use, relaxing music and great conversation. Get creative and join us 10 am every Wednesday.

World Elder Abuse Awareness Day

June 15th is Elder Abuse Awareness Day. It is hard to believe that this happens, but it

does. Abuse takes many forms beyond physical abuse, there is financial abuse, emotional abuse, neglect. Abuse is about having power and control over someone. When it comes to the elderly it is the least reported type of violence. It is a public health and human rights issue and we need to be aware of it.

So if you see something, say something. Help is out there. Report it to the police or my office or the local Office for the Aging. This awareness day was founded by the International Network of Prevention of Elder Abuse and the World Health Organization in 2006.

Suicide Prevention Hotline

Suicide is one of the leading causes of death in the U.S. affecting people of all ages. Older adults account for 18% of all suicides.

You never know when you may be able to help someone. Look for signs; if someone has lost interest in their daily activities. If they are avoiding social activities, neglecting self-care, just to name a few.

Isolation and loneliness are a real challenge for many of us. Be the person to reach out to your neighbor or an acquaintance, check in and see how they are doing. If you or someone you know needs to talk to someone the suicide hotline can help. Please post and share this number. 1-800-273-8255

HEAP Cooling Assistance

It's that time of year again; the hot weather is coming. HEAP has opened its cooling assistance program. If your air conditioner is broken HEAP has some funding to replace it if you meet eligibility requirements.

You may qualify if:

You meet income eligibility

Are on SNAP or Temporary Assistance

Have not received an air conditioner in the last five years from HEAP.

If you are on HEAP already just call the HEAP Office at 518-884-4146 and they will check eligibility, walk you through the process and give you a list of approved vendors for installation.

Save This Date

Save July 14th at 10 am for the 4-H club who will be bringing in rabbits. They will tell us how they raise and show the rabbits. We had them come last year and it was very educational and fun. More details in next month's newsletter.



Pinochle Is Back!

Pinochle is back in the building on Wednesdays at 1pm in the Riverside Room.

No need to sign-up just show up for a game or if you want to learn how to play. Hope to see you there.

Covid Tests

It was necessary to put an expiration date on the home covid tests so they could roll them out quickly. However, they are continually testing the kits and are finding that even though they may have an expired date on them they still work. Officials say they are continuing to test the kits and for now they can be used for a few months after the date,

and this date may be revised in the future. If you have further questions about your test kits talk to your pharmacy.

County rates are currently high so I urge you to be careful. You can better protect yourself by wearing a mask while indoors. Stay safe.

Blood Pressure Checks

Our next blood pressure check will be on Monday June 6th from 10-12. Clifton Park, Halfmoon EMS will be here for walk-ins during that time.



Activities Committee

If you would like to be part of a committee to make plans for activities at the Senior Center join in on a meeting. The next one is June 8th at 9:30 am.

More Senior Center Activities

There is so much more at the Senior Center. Check the calendar for Bingo, Tai-Chi, Sequence, Knitting and Crochet Group, and Pokeno. There is something going on every day for you to join in on. So don't sit home alone, come out and enjoy some activities and meeting new people.

I just make it my business to get along with people so I can have fun. It's just that simple.

-Betty White

